



# THE SOLINGER METHOD

by Root Health L.L.C.

## Perimenopause

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Perimenopause

Root Health L.L.C, The Solinger Method

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## What Is Perimenopause

Perimenopause is the **transitional phase leading up to menopause**, often beginning in the mid to late 30s and lasting anywhere from several years to over a decade. It is characterized not by low estrogen alone, but by **hormonal volatility**, particularly fluctuating estrogen with a progressive decline in progesterone.

This volatility, not deficiency, is what drives most symptoms.

Common symptoms include:

- irregular cycles
- anxiety or mood swings
- sleep disruption
- weight gain or resistance
- breast tenderness

- headaches or migraines
- hot flashes or night sweats
- fatigue
- brain fog
- worsening PMS

Many women are told labs are normal or that symptoms are “just stress,” despite clear physiologic changes.

Perimenopause is best understood as a phase of **neuroendocrine instability**, not ovarian failure.

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## Conventional Medicine Perspective

Conventional medicine often addresses perimenopause reactively, focusing on symptom suppression.

Common approaches include:

- hormonal birth control
- antidepressants
- sleep medications
- reassurance without intervention

While these may blunt symptoms, this approach often overlooks:

- progesterone decline as an early driver
- estrogen receptor sensitivity
- metabolic and insulin changes
- inflammation and cortisol effects
- nutrient depletion affecting hormone signaling

Many women feel dismissed or misunderstood during this phase.

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## Naturopathic Medicine Perspective

Naturopathic medicine views perimenopause as a **predictable, supportable life transition** involving changes in ovarian output, hypothalamic–pituitary signaling, metabolism, and stress resilience.

Key systems involved include:

- progesterone production and decline
- estrogen metabolism and receptor sensitivity
- cortisol and HPA axis signaling



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- insulin sensitivity
- thyroid interaction
- liver and gut hormone clearance
- neurotransmitter balance

The goal is to **stabilize hormone signaling, improve resilience to fluctuations, and support metabolic and nervous system balance**, not override physiology.

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## Core Pathophysiologic Mechanisms

### Progesterone Decline

Progesterone begins to decline earlier and more consistently than estrogen. Because progesterone is calming, anti-inflammatory, and anxiolytic, its loss contributes to anxiety, poor sleep, irritability, and heavier or irregular cycles.

### Estrogen Volatility

Estrogen may spike higher than earlier in life before eventually declining. These fluctuations drive breast tenderness, headaches, mood swings, and hot flashes.

### HPA Axis Stress

Chronic stress worsens perimenopausal symptoms by suppressing progesterone and amplifying estrogen sensitivity.

### Insulin Resistance

Insulin sensitivity often declines during perimenopause, contributing to weight resistance, cravings, and inflammation.

### Thyroid Interaction

Thyroid hormone signaling may become less efficient, worsening fatigue, mood, and metabolic symptoms.

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## Nutritional Strategy

Nutrition for perimenopause focuses on **stabilizing blood sugar, supporting progesterone production, improving estrogen clearance, and reducing inflammation**.



## **Core Nutritional Priorities**

- regular meals without long fasting
  - adequate protein intake
  - sufficient complex carbohydrates
  - anti inflammatory fat intake
  - micronutrient density
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## **Therapeutic Foods to Emphasize**

Protein at each meal, targeting 30 to 40 grams. Mechanism, stabilizes blood sugar and supports hormone synthesis.

Complex carbohydrates such as rice, potatoes, oats, and fruit. Mechanism, reduce cortisol and support serotonin and progesterone production.

Cruciferous vegetables. Mechanism, support estrogen metabolism via liver detoxification pathways.

Healthy fats including olive oil and fatty fish. Mechanism, reduce inflammation and support hormone receptor signaling.

Magnesium rich foods. Mechanism, support sleep, mood, and neuromuscular regulation.

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## **Reduce or Modify**

Refined sugar. Mechanism, worsens insulin resistance and inflammation.

Excess caffeine. Mechanism, worsens anxiety and sleep disruption.

Alcohol. Mechanism, impairs estrogen clearance and sleep quality.

Chronic calorie restriction. Mechanism, increases cortisol and worsens hormone volatility.

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## **Targeted Supplement Support**

Therapeutic Adult Dosing

**Magnesium Glycinate**



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Mechanism, supports sleep, nervous system calming, and reduces headaches and anxiety.  
Dose: 400 to 600 mg daily

### **Vitamin B6 (P5P)**

Mechanism, supports progesterone production and neurotransmitter synthesis.  
Dose: 25 to 50 mg daily

### **Omega 3 Fatty Acids**

Mechanism, reduce inflammatory signaling and support mood and cardiovascular health.  
Dose: 3 to 4 grams daily combined EPA and DHA

### **Myo Inositol**

Mechanism, improves insulin sensitivity and mood regulation.  
Dose: 2,000 mg daily

### **Vitamin D3 + K2**

Adult dosing, 5,000 IU daily, adjust based on labs.  
Mechanism, supports hormone signaling, bone health, mood, and inflammation control.

### **Adaptogenic Support (Pattern Dependent)**

Supports HPA axis resilience and stress response.

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## **Targeted Herbal Support**

### **Vitex (Chaste Tree)**

Mechanism, supports pituitary signaling to improve endogenous progesterone production.  
Dose: 200 to 400 mg daily  
Best for progesterone deficient patterns.

### **Ashwagandha**

Mechanism, lowers cortisol, supports stress resilience, and improves sleep quality.  
Dose: 300 to 600 mg daily

### **Black Cohosh**



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Mechanism, modulates estrogen receptor activity and reduces vasomotor symptoms.  
Dose: 40 to 80 mg daily

## **Lemon Balm**

Mechanism, supports nervous system calming and sleep.  
Dose: 300 to 600 mg daily

Herbal support should match symptom pattern and phase.

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## **Celery Juice Support for Perimenopause**

Celery juice may support perimenopause by improving hydration, mineral balance, and adrenal signaling, indirectly supporting hormone resilience and nervous system regulation.  
Suggested use is 8 oz fresh celery juice daily, taken earlier in the day.

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## **Supplement Access**

A complete supplement protocol for Adult Perimenopause is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

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## **Lifestyle Support That Matters**

Sleep protection is non negotiable during this phase.

Stress regulation directly affects progesterone availability.

Strength training improves insulin sensitivity and bone density.

Cycle and symptom tracking helps personalize support.

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## **When to Dig Deeper**



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Further evaluation is warranted:

- progesterone and estradiol trends
- fasting insulin
- thyroid function
- inflammatory markers
- ferritin and micronutrients

Perimenopause becomes manageable when **hormone volatility is buffered, metabolic stability is restored, and nervous system resilience is supported**, not when symptoms are dismissed.

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## Want Deeper, Step-by-Step Support?

This handout provides foundational education and targeted support strategies for perimenopause. However, perimenopause is a **dynamic, individualized transition** that often requires more than generalized recommendations.

For individuals who want a **structured, guided approach**, including **full female functional laboratory testing**, personalized education, and comprehensive functional reports, this topic is covered in depth within **Rooted in Balance**, Dr. Solinger's perimenopause program.

The course includes:

- in-depth education on hormone fluctuations and symptom patterns
- full female functional labs to assess hormones, metabolism, inflammation, thyroid function, and nutrient status
- detailed functional reports that translate lab findings into clear, actionable support strategies
- nutrition frameworks, supplement protocols, and lifestyle guidance that adapt as physiology changes
- tracking tools and ongoing educational support

For those experiencing persistent, complex, or confusing symptoms, the program provides a level of clarity and personalization that a single handout cannot.

*Course access and enrollment details are available through Root Health L.L.C.*

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